

## Meeting Notes 04/22/09

**Juniata College**  
**Wellness Committee**  
April 22, 2009 2:00pm  
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Doreen Mills	Steph Turner
Wanda Lightner	Wendy Garlock
Shya Erdman	Cady Kyle

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business
2. New Business

The committee discussed the following old business:

- Wellness Rewards: 1<sup>st</sup> quarter statements were sent out. Cady did a presentation to Cabinet on the program, and shared a breakdown of prizes awarded and money spent for 2008. For 2009, we will be keeping records of preventive data reported.
- Weight Watchers: Current session runs until May 27, 2009. We will be offering a second 7 week session subsequent to that if there are enough participants.
- Upcoming Lunch & Learns: Doug Smith and Carole Thompson will be presenting a "Beginning an Exercise Regimen" Lunch and Learn on Thursday, April 23<sup>th</sup>. The committee discussed continuing Wellness Walks to the Farmer's Market for our Wellness Committee events in June, July and August.
- Budget – We are currently at 87% of our budget for the fiscal year.
- Fitness Training/Exercise Classes: We still haven't found a student to train employees how to use the gym equipment. Doug Smith is willing to show the equipment during a 1 hour block of time between 2-4pm. The committee agreed this could work. Preferred the 3-4pm time if we are providing the session this summer because people could take their lunch break at the end of the day to go over to the gym. JoAnn Isenberg shared information about instructors for exercise classes who

would be available beginning the fall semester. Prior to that, group exercise to a tape or dvd, is a possibility.

- Video: At the last meeting we watched a video regarding Inflammatory Breast Cancer (IBC). Dave and Rick are working with me to get this posted to our Wellness site, and then we'll do an announcement.
- Curves Follow-Up: Information was placed in the Employee News announcing the Curves membership promotion. Employees and their spouses are eligible. We will also be placing brochures on tables at tomorrow's Lunch & Learn.

The committee discussed the following new business:

- MyNurse Cards: Laminated pocket cards sharing phone number and information for the 24-hr nurse call line, MyNurse, will be provided to all employees within the next couple of weeks.
- Huntingdon County Fitness Challenge: Begins May 1, 2009 with Kickoff Walk at 11:30am on May 1. Lunch will be provided and interested participants must sign up by Friday, April 24 for the walk. Announcements have been posted regarding information for the challenge. This year JC Blair, Juniata College, Mutual Benefit Group, Mead Westvaco, MERF Radio and Westminster Woods will all be competing. Cady will do a brief announcement at the Lunch & Learn describing the event, and bring participation agreements for employees to complete.
- Upcoming Wellness Events:
  - Free Friday at HHWA Center takes place on April 24, 2009 at 7pm. The topic is Community Supported Agriculture.
  - Dr. Miller 5K Run/Walk takes place on Saturday, April 25, 2009. Registration begins at 7:30am. All proceeds raised from the event will benefit the Dr. David Miller Memorial fund of the JC Blair Memorial Hospital Foundation and the Huntingdon Health and Wellness Association.
  - Community Wellness Fair takes place on Saturday, April 25, 2009 from 10am to 3pm @ Hollidaysburg YMCA in conjunction with the Bud Shuster Run for Your Life event.

The next regularly scheduled meeting will take place on Wednesday, May 27, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.